

Bridgeway Community Church  
Series: Overwhelmed  
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New 5 week series!

## Overwhelmed: Embracing the Emotional Part of Me

**Regret    Anger    Nervousness    Grief    Empathy**

“No Regrets!” - great slogan but many of us who have lived long enough we probably have a few regrets.

**Regret:** feeling sad, repentant or disappointed over something that has happened or been done

If you had a chance for a ‘do over,’ what would you ‘do over?’

Mulligan - a second chance to do something after the first chance didn’t go so well

- God gives us mulligans for when we mess up

The Christian word for mulligan is **grace**

- How do we move from mulligan mess ups to grace?
- What are we to do with those regrets?
- How are we to navigate the feelings of regrets when we don’t have the ability to go back and change the past?

## 4 Ways to Replace Regret with Grace

### 1. Acknowledge the Bad Choices You've Made

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from **all** unrighteousness.

If we acknowledge the bad choices we've made and confess them to the Lord, God will forgive us, purify us from all unrighteousness

God won't heal it, if you refuse to reveal it. If you reveal it, he will heal it.

You can't defeat what you don't face.

Denial only leads to dysfunction.

If you can be real with God and maybe be real even some person that you've hurt, when you acknowledge the bad choices that you make, you're replacing regret with grace.

You can't take away what you've did, but you don't have to relive it everyday because God has cleansed you.

### 2. Analyze the Motivations for Your Choices

The reason why we keep making the same choices is because maybe we don't even understand what's motivating it when it happens.

Psalms 139:23-24

Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.

David is asking God to search his heart because even he doesn't know his heart!

We can do the same. We can ask God to show what's really going on deep-down under in our motivation.

"God, why do I do what I do?"  
"Why do I say what I say?"

“Why do I think the way that I think?”

“Why do I react the way I react?”

“God, why do I keep falling to the same temptation over and over and over again?”

Jeremiah 17:9 NIV

The heart is deceitful above all things and beyond cure.  
Who can understand it?

KJV

The heart *is* deceitful above all *things*, and desperately wicked:  
who can know it?

David says, ‘search my heart, Lord. I can’t figure myself out.’ You can’t figure yourself out, but God can show you yourself and then he can lead you into a way that’s eternal and everlasting so your own wickedness doesn’t wear you out from the inside.

Jeremiah 17:10

I the Lord search the heart and examine the mind,  
to reward a man according to his conduct, according to what  
his deeds deserve.

Some people it is not a heart problem, it is a brain problem. They’re not thinking straight. Their mind is not regulated. They’re confused. Their mind is not sound.

Do you have stinkin’ thinkin’?

Jeremiah 17:14

Heal me, O Lord, and I will be healed;  
save me and I will be saved,  
for you are the one I praise.

Do you need to pause right now and pray that verse into a prayer? Heal your heart?  
Heal your mind?

### **3. Accept the Consequences of Our Action as Accountability**

Zacchaeus - Luke 19:1-10

v.7, All the people saw this and began to mutter, “He [Jesus] has gone to be the guest of a ‘sinner [Zacchaeus].’”

After spending time with Jesus, Zacchaeus’ heart changed. God can change our heart, our mind, our motivation once we spend time with him.

v.9, But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.”

He not only had a change of heart, he turned it into action!

That is not just remorse, that is repentance and repayment. That is repair and reconciliation.

Just saying you’re sorry is not going to keep you from regret. But when you accept the consequences and pay back whatever you need to pay back, that’s what helps you with regret.

### **4. Agree to Do Better and You Will Be Better**

2 Corinthians 7:10  
Godly sorrow brings repentance that leads to salvation  
and leaves no regret, but worldly sorrow brings death.

Repentance says, “I agree that what I’ve done is wrong and I am going to change it and do better.”

Don’t just have remorse and feel sad. That just leads to despair and death. Have remorse and let it push you toward being better and doing better.

God does not want us wallowing in regret.

Acknowledge - Analyze - Accept - Agree

“When it comes to difficult choices we will have pain. It will either be the pain of discipline now or the pain of regret later.”